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NATO
ROLE III

November 2019
Volume I, Issue 2

GIVING THANKS: HAPPY THANKSGIVING!!

CO INDUCTED INTO DISTINGUISHED VETERANS HALL OF FAME

USMC 244TH BIRTHDAY

The Commanding Officer's Philosophy

"Treat others like you want to be treated!"

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VETERAN'S DAY

BY HMC(FMF) ALDRIN INGA

It is possible that most of us know a Veteran or two and, armed with that knowledge, have an idea of what it means to be a Veteran. Certainly, unless some catastrophe occurs, all of us currently serving and wearing our nation's clothes, are destined to become Veterans. A title which, in my personal opinion, has no shortage of honor imbedded in itself. So what is a Veteran? My thoughts on the topic are humbly submitted below.

Title 38 of the Code of Federal Regulations defines a Veteran as "a person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable." And every November 11th, we observe a day of appreciation for those who wore the uniform of the United States.

Veterans are all around us. You see them in stores, buses, restaurants, businesses, schools, parks, your local community gatherings, churches or places of worship, sporting events, a local barbeque, a bar... and yes, you see them in the streets, dealing with their demons, related perhaps to their time in service.
The fantastic thing about Veterans is that they are everywhere and yet we might not even know they are there. They carry their service in their heart. Their memories are vaults of knowledge that no service record can contain and their souls are a source of purpose that we, as a nation, need to reacquaint with every once in a while.

Every year, on the same day, we are reminded of their service. One day a year, we are inundated with special offers, discounts, and free or rebated meals. We see our social media pages filled with messages, changes to profile pictures, thoughts on what a Veteran means to us, recognition of someone or making a connection, via a person who served, back to us. All of that, we are assured, is done in the spirit of appreciation to those who served.

But a Veteran is more than just a day. More than discounts or a "shout-out" with a filter on a photo. Veteran's day is every day. Every day we live under the blanket of freedom that they helped, under insurmountable sacrifice, maintain. Those I have had the privilege to meet, especially the older more salty ones, ask for nothing because they believe they are owed nothing. They carry the definition of service in their wounds and hope that their contributions are enough to keep our Country pushing forward. They are pleased to share their stories, if asked of course, and cannot contain their emotions when the national anthem plays as the flag waves in front of them.

They acknowledge the changing times and remember with fondness their own. They may, or may not, belong to a VFW or American Legion. They wear their "Retired" or "Veteran" regalia with pride and have no second thoughts in approaching Active Duty Service Members and thanking them for their service; because a Veteran knows what it means to serve and can appreciate it better than most anyone else.

As we sit and reflect on this particular day, just remember that without their sacrifice, their steadfast commitment to duty, their unyielding understanding of what service truly means; we would not be able to celebrate this, or any other day. We would not be able to enjoy the freedom we possess and we certainly would not be able to appreciate the liberty that is inherent in the American spirit.

Quite simply, every day is Veteran's Day.

NATO ROLE 3 MULTINATIONAL MEDICAL UNIT COMMANDING OFFICER - INDUCTED INTO THE DISTINGUISHED VETERANS HALL OF FAME

SAN JUAN, PUERTO RICO, (NOV 1, 2019) – CAPT Miguel A. Cubano, a Navy surgeon, presently serving as Commanding Officer of the NATO Role III Multinational Medical Unit (MMU) in Kandahar, Afghanistan, was inducted to the Puerto Rico Distinguished Veterans Hall of Fame in a ceremony on November 1, 2019 at the State Department in San Juan, Puerto Rico. He joins Rear Admiral Frederick Lois Riefkohl, the first Puerto Rican to graduate from the United States Naval Academy (USNA) class of 1911, Admiral Horacio Rivero (USNA class of 1931), the only Puerto Rican to earn 4 stars to-date, and Vice Admiral Diego E. Hernandez, Third Fleet and NORAD Commander.

"The Government of Puerto Rico in conjunction with the Office of the Veteran's Advocate award the recognition to Puerto Rican veterans whose character and distinguished accomplishments either with the United States Armed Forces or in their civilian careers exemplify professional excellence or meritorious contributions to our society" according to Brigadier General (R) Fernando Fernandez who is the current President of the Puerto Rico Distinguished Veterans Hall of Fame.

Mrs. Luz Stella Cubano (wife) and mother Dr. Lilly Cubano receive award on behalf of CAPT Cubano.

CAPT Cubano was unable to attend due to his obligations at the NATO Role III MMU so his wife Mrs. Luz Stella Cubano, mother Dr. Lilly Cubano and sister Mrs. Liliana Cubano received the award on his behalf. His wife read a message thanking the government of Puerto Rico and the Office of the Veteran's Advocate selection committee for the unexpected, but humbling recognition of a lifetime. He dedicated the award to thousands of Puerto Ricans that are currently serving and those who have served with distinction since 1898, including his late father Army COL Miguel A. Cubano.

GIVING THANKS: WHAT ARE YOU THANKFUL FOR THIS HOLIDAY SEASON?

In a world of so many seemingly terrible events happening almost daily, and given the true underlying reason we are here in Afghanistan, it often requires less effort to think of all the bad things rather than the good things. But, we have to remember that even through seemingly endless difficult times, we can all give thanks. Thanksgiving is a time of year to reflect on what we're thankful for, celebrate loved ones, and give back to our communities.

Often the simplest way to externally express gratitude is to verbalize our appreciation for others by saying "thank you." We say it when someone holds the door for us, when someone picks up the pen you dropped, and when someone pulls a favor for you. Most of us do this regularly outside of the Holiday season, but this month in particular, perhaps we place a little extra emphasis on that "thank you."

Photos above: Role 1 and Role III members share the Thanksgiving meal served at the hospital galley by the Triad on Thanksgiving Day. A magic show as also provided for all guests in attendance.

At this point in our tour, we can begin to say that the Role III, and all its staff, are a family. We have been together for over two months now. We've sweat together, we've saved lives together, we've made difficult decisions together, and we continue to work alongside each other on a daily basis. The Role III celebrated this growing bond and had its own family Thanksgiving meal served by the Triad right in the hospital galley, outfitted with all accoutrements, even a pecan pie.

Role III members are consistently volunteering around the Kandahar Airfield community, but this holiday week, we had the opportunity to give back as a group by volunteering to serve the Thanksgiving meal at the Niagara DFAC. Over 20 Role III personnel gloved and gowned up, in a different way than we normally might in the Operating Room for example, to dish out Niagara's holiday fare. It was a small display of our gratitude for those who usually serve us daily.

So as you reflect on all of the things you may be thankful for this Thanksgiving, to include family and friends back home, give thanks, both in word and in action, and remember the family we have right here at the Role III around us every day.

Photos above: Role III members volunteer to serve the Thanksgiving meal at the Niagara DFAC.

HAPPY 244TH BIRTHDAY

The United States Marine Corps celebrated its 244th birthday on Sunday November 10th, 2019. In recognition of 244 years of success, we asked those who have had the fortune of serving alongside our Marine brothers and sisters what serving the Corps has meant to them. We are forever proud to hold the honor of supporting and serving our USMC comrades. Oo-rah!

"I feel an enormous amount of pride and honor serving as a 'Doc' alongside Marines, in the field or in a BAS having the unwavering responsibility to do everything in your power to save a fellow Marine who is sick or injured, and to know that because of this brotherhood, your Marines would do the same for you. That's the pride and the honor of being the only medical support for Marines. Rah!"

- HM2(FMF) John Rushing

"My time with the Marines was a turning point in my life. I experienced the hardships and misery, but I also made lifelong friends and was part of a Brotherhood. This life taught me to push myself to the breaking point, then find the strength to push some more. I learned that everybody should have their own turning point in life, to push themselves physically and mentally, because once you do it, you'll never be the same. Oo-rah!"

-HM2(FMF) Jose Torres

"In 1945, SecNav James Forrestal honored the Hospital Corps in a speech, saying 'The Hospital Corpsmen saved lives on all beaches that the Marines stormed….You Corpsmen performed foxhole surgery while shell fragments clipped your clothing, shattered the plasma bottles from which you poured new life into the wounded, and sniper's bullets were aimed at the brassards on your arms'. With this… it's an honor to continue the rich tradition of an FMF Corpsman."

-HMC(SW/FMF/EXW/IW) Lawrence Librando

"My time with the Marines instills great pride in my reminiscence, through the good times and the bad. The camaraderie and brotherhood experienced with the Marine Corps is unmatched anywhere else, and I am honored to have served side by side with some outstanding Devil Dogs!"

-HM2(FMF) Theodore Farrell

"Serving alongside my brothers and sisters of the United States Marine Corps was one of the most rewarding experiences of my life. The Corps' deep-seated traditions, go-get-it, never quit mentality paired with high demands of excellence are philosophies that empower all Americans to be victorious in life's struggles. Semper Fidelis"

-LT(FMF) Rob Parker, NC, USN

"Serving in a Marine surgical company provided a rare opportunity of "boots on ground" surgical support to forward-deployed Marines. It's rare for a perioperative nurse like me to leave the tightly controlled world of a "brick and mortar" hospital operating room for an operating room made of a tent and storage trunks designed to rapidly dismantle and reassemble. The surgeons, corpsmen, and me, their lone operating room nurse, did it over and over so our Marines knew in critical moments we were mentally and physically ready to take care of them. Perioperative Nurses Week falls close to the Marine Corps birthday. I think it's very fitting because operating room nurses are a lot like Marine. Both groups function in a very close-knit community with unique routines and customs. Outsiders don't really comprehend the hows and whys of what we do but everything makes perfect sense to us. Both groups are known for mental and physical toughness, stamina, integrity, and commitment to each other. I am honored to have been in both worlds simultaneously. Oorah! "

-LCDR(FMF) Donna Burge, NC, USN

LIBRANDO

23 FEBRUARY 1945
OLD GLORY WAS RAISED ON
THIS SITE BY MEMBERS
OF THE 2nd Bn, 28th Regt
FIFTH MARINE DIVISION
HAPPY 244TH BIRTHDAY

1st Medical Battalion
Charlie Surgical Company
USMC

Radiologic Technology Week

Nov. 3– Nov.9, 2019

Photo left to right: HM1 R. Nanton, HM2 T. Manning, LCDR C. Knaus, HM3 F. Nukpoafe, HM1 I Kargbo

OR Nurse's Week

Nov. 10-Nov. 16, 2019

"A big THANK YOU to our Operating Room Nurse Staff!! These behind the scene nurses specialize in providing care to our surgical patients within the operating rooms. They work with surgeons, anesthesia providers and surgical technicians to ensure a safe operative environment for each patient, and are considered the voice of the patient in the OR. LCDR Burge, LT Hovey and LTJG Kwong have been super busy since our arrival to KAF, preparing for and overseeing operative procedures. Their days are often non-stop in the OR, and when the procedures are done, usually their job continues with scheduling the next day, ensuring the appropriate supplies and complex equipment is ready and available for use, and that patients are ready for their surgical visits. We couldn't run the OR's without these three awesome nurses. Thank you!!"

- CDR Diane Howell, DNS

OR Nurses left to right: LT C. Hovey, LTJG D. Kwong, LCDR D. Burge

Motivators of the Month

LTJG Amanda Sebia

NOSC Avoca, PA

HM2(AW/SW) Caitlin Cordell

Naval Medical Center San Diego

CDR JOHN GALDUN

11/04

HM2 JOHNNY LE

11/06

CDR DONNA NEUGES

11/19

LTJG AMANDA SEBIA

11/27

"The Best Care Anywhere"

"THIS HOSPITAL WILL STAND AS A BEACON OF HOPE TO OUR COALITION FORCES AND AFGHAN PARTNERS, WHO WILL KNOW THAT WE STAND READY, DAY AND NIGHT, TO DELIVER LIFESAVING CARE TO ALL WHO COME THROUGH OUR DOORS."

- CAPT Miguel Cubano, Commanding Officer

CONTACT YOUR PAO TEAM

Contact your PAO team with news stories, sailor recognitions and pictures to feature in a future Notorious V.I.C. Newsletter.

HM2 Nikki Caoile

HM2 Caitlin Cordell

LT Megan Hess